What's Your Mindset?

Do NOT overthink these statements. Read each statement and put "agree" or "disagree" in the box on the left. This is a personal reflection, and results will not be shared. Please answer truthfully.

	My intelligence is something very basic about me that I can't really change.
	When I don't understand something, I like to slow down and try to figure it out.
	I am intimidated by academic challenges.
	I have been told by others that I am smart.
	Learning is fun.
	I often feel unmotivated to learn.
	When I don't do well in a subject, I think that I must not be very good at that particular subject.
	When I perform poorly academically, I do not get discouraged.
	When I don't understand something, I get very frustrated and want to give up.
	I shouldn't have to work as hard in subjects that I am naturally good at.

Quiz adapted from:
Baker-Kunst, S. (2010 January 13; originally posted 2008 March 6). The curse of the "smart" student. *Extreme biology: Class connection*. Retrieved 2017 October 21 from https://extremebiology.wordpress.com/2010/01/13/the-curse-of-the-smart-student

For the next activity, please read the following article:

Dweck, C. S. (2007 October). The perils and promises of praise. *Educational leadership: Early intervention at every age [issue theme]. 65(2)*, 34–39. Retrieved 2017 October 21 from http://www.ascd.org/publications/educational-leadership/oct07/vol65/num02/The-Perils-and-Promises-of-Praise.aspx